

The Troy Parks and Recreation Department, through its Adaptive Recreation program, offers programs for persons with disabilities. We encourage your input. Please call Carla Vaughan or Elaine Torvinen at 248.524.3484 with your suggestions. For program details, call 248.524.3484 and ask to be placed on the mailing list for the free bi-monthly Friendship Club News.



Friendship Club

This chaperoned drop-in social club for ages 13 and older with developmental disabilities meets on the second through fourth Monday evening at the Troy Community Center. The second Monday is movie and pizza night, the 3rd Monday is Karaoke night and the fourth Monday is bingo night. The drop-in fee is \$4. **For details, call 248.524.3484 to receive the free bi-monthly Friendship Club newsletter.** This newsletter also contains information about other activities including sports, dances, trips, and more.

Daytime Friendship Club

This program for persons age 18 and older with developmental disabilities meets every Tuesday and Thursday from 10 am - 3 pm at the Community Center. Activities include sports, exercise, field trips, lunch out, crafts, games, swimming and more. The fee is \$68 per month, and you must register for the entire month. Staff will try to accommodate all participants; however, if an individual requires one to one attention or personal care, they may be required to provide an aide. There is no cost for the aide except for meals and other incidentals.

Act #	Day	Fee
135306	Tuesday	\$68/month
135305	Thursday	\$68/month

Sports

Basketball

Fall and winter sessions on Tuesday evenings at the Troy Community Center for ages 16 and older with developmental disabilities. Learn basketball skills and play games. Registration is required. See the Friendship Club newsletter for details.

Bowling

For ages 10 and older with developmental disabilities on Saturdays at 11 am at Troy Lanes. September through June except holiday weekends. \$5 at the door for three games, shoes included. Ramps available.

Team Troy Special Olympics

Team Troy competes in track and field in the spring, golf in the summer, and swimming in the winter. For more information, call the Special Olympics office at 586.731.0922.

Softball

This Thursday evening league is for ages 13 and older with developmental disabilities playing other cities in Oakland County. Practices on Tuesday evenings. May through July. Registration required. See the Friendship Club newsletter for details.

Troy Youth Soccer

Spring and fall soccer for ages 5-adult with mental or physical disabilities. Call 248.524.0170. Registration forms can be downloaded at www.tysl.org

Wheelchair Sports

Co-sponsored by Oakland County Parks and Recreation, this program meets at Boulton Middle School on Friday evenings for basketball, hockey, and soccer. Ages 8-15 meet from 6-7:30 pm and ages 16 and older meet from 7:30-10 pm. For more information, call 248.858.7596.

Friday Frolic Dance

Persons 16 and older with developmental disabilities are invited to this dance on the second Friday of each month (except July and August) from 7-9:30 pm at the Troy Community Center. The \$4 fee includes music and refreshments. Reservations are not required. Transportation to the dance (but not home) is available with Troy Medi-Go Plus, call 248.457.1100.

My Chance To Dance

For persons 13 and older, this dance/exercise class meets on Thursday from 7-8 pm at the Big Beaver United Methodist Church on John R south of Wattles, September through April. \$5 at the door.

Diner's Club

Persons 16 and older with developmental disabilities are invited to meet at the Community Center on the first Monday evening of the month and travel by van to a local restaurant for dinner. Registration is required. See the Friendship Club newsletter for details.

Performing Arts Club

This program for ages 16 and up meets on Wednesdays (except the third Wednesday) from 7-9 pm at the Troy Community Center. Singing, dance and public performances are included. This program is co-sponsored by the Italian Study Group of Troy. A donation of \$2 per week is requested. For more information, please call Denise at 248.585.5246.

Weight Watchers

Weight Watchers conducts its program every Thursday at 6:15 pm at the Troy Community Center for teens and adults with disabilities. Braille is available. The weekly fee is \$.50. Register at the Community Center by paying the \$1 initiation fee. Escorts participate at the same fee. Ask for Activity # 115399A.

Trips

The Friendship Club takes one or two overnight trips each year. See the Friendship Club newsletter for details.